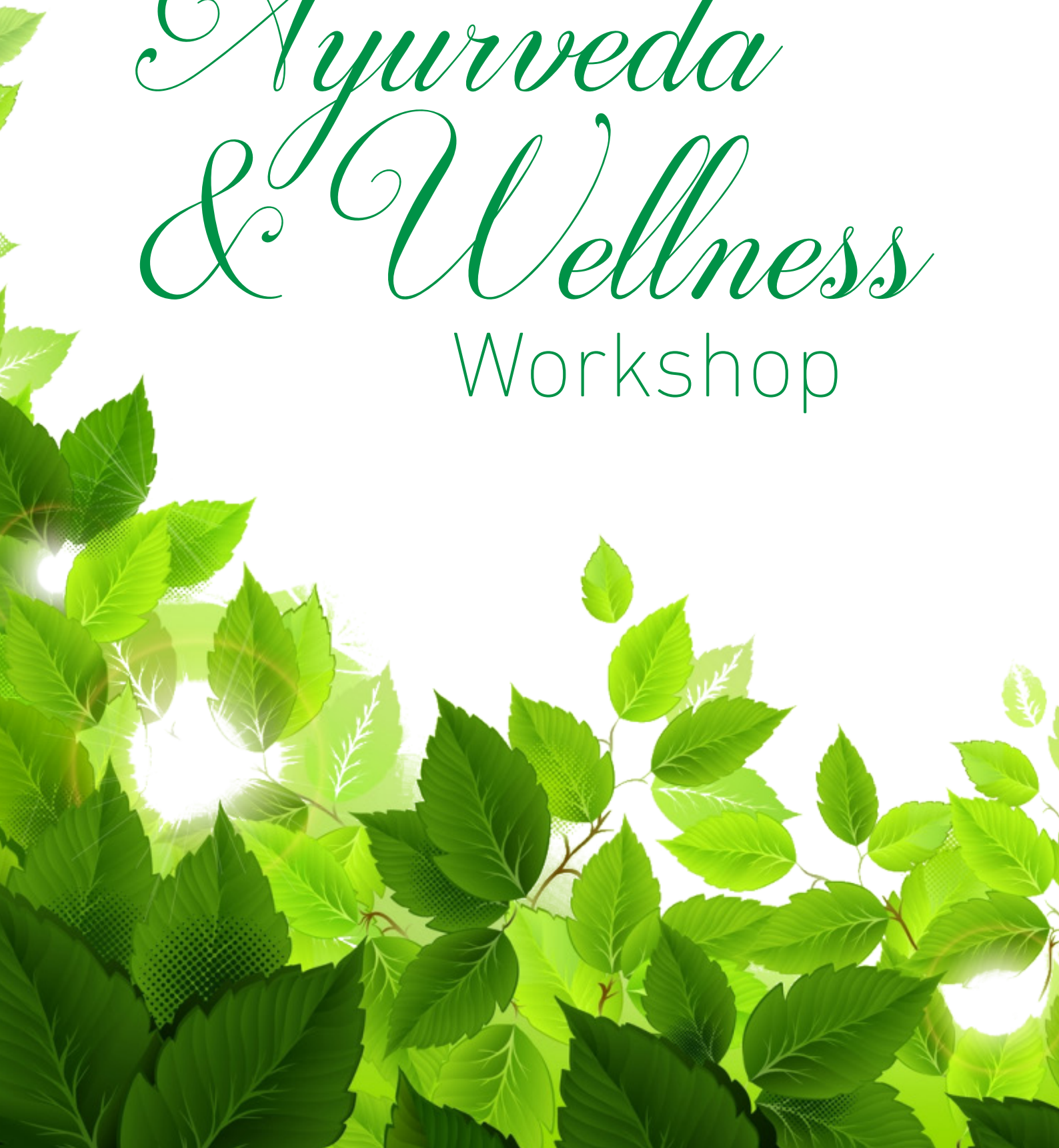


Ayurveda & Wellness

Workshop





By Ayurvedacharya Dr. J. P Rathi
Regd. Indian Medicine Board, Uttarakhand

Ayurveda

Ayurveda is an ancient science comprising the knowledge of the Mind, Body, Senses and soul.

We welcome you in the workshop on ayurveda and wellness with Ayurvedacharya Dr. J.P. Rathi.

Dr. Rathi has a vast knowledge and experience in the field of holistic health has led him to the human quest for wellness in its totality. He has been spreading his knowledge with thousands of people around the world, for more than three decades.

FOR MORE INFORMATION:

+ 91-8077-974461
drjprathi@gmail.com

15 Days Ayurveda Syllabus for Students

Day 1

- History of Ayurveda
- Introduction of Veda
- Creation of universe by Bramha
- Memories of Ayurveda by Brahma.
- The roots, Animate, Nature and Human

Day 2

- Introduction of panchmahabhuta (Five Great Classical Elements)
- Panchmahabhuta
- Trinnial Creation
- Trigun (Triplicate)
- Introduction of Tridos (Flax introduction)
- Introduction of Shad Ritu (Six Seasons)
- Introduction of shad Rasa (Six Tastes)
- Astanga Ayurved
- Introduction of Saptdhatu (Seven Tissues)

Day 3

- Vega (Unsurpassable Urgess)
- Agni(Digestive Fire)
- Srots (Source)
- Introduction Of Marma (Vital areas of body)
- Introduction of three Guna





Day 4

- Symptoms Of Vata
- Symptoms Of Pitta
- Symptoms Of Kafa
- Introduction Of Uttarayna (Sun movement from capricorn to cancer)
- Introduction Of Dakshinayana (Sun movement from cancer to capricorn)

Day 5

- Diet
- Food system
- Effect of Sattvic Food on body and mind
- Daily Routine
- Rules and regulations
- Traditions
- Tips for health

Day 6

- Definition of healthy body.
- Body Mind Therapy
- Body purification therapy (Detoxification)
- Suppressing Treatment
- Panchkarma introduction

Day 7

- Benefits of holy basil, ginger, turmeric, rock salt and holy Gange's water.
- Effects of drinking warm and cold water.
- Effect of warm/cold water bath on body.
- Significance of sunrise and sunset.

Day 8

- Introduction of PANCHKARMA (Five detoxification treatment)
- Poorvkarma (Pre-operative treatment)
- Snehan (Oleation)
- Swedan (Fomentation)
- Vaman Karma (Vomiting)
- Virechan Karma (Inducing Purgation)
- Vasti Karma (Enema)
- Nasya
- Rakt Mokshan

Day 9

- Naadi Gyan (Pulse Diagnosis)
- Individual Pulse Diagnosis.
- Individual medical Diagnosis.
- Daily using herbs.
- Home remedies on general disease.





Day 10

- Introduction of ayurved and other treatment processes.
- Sunrays treatment
- Magnetic treatment
- Natural (Mud, water) Treatment
- Mantra Treatment
- Dhyaan Yoga
- Japa Yoga
- Co-ordination of yoga and ayurved.

Day 11

- Different general diseases and it's treatments according Ayurveda.
- Blood pressure.
- Insomnia
- Obesity
- Mental Stress

Day 12

- Modern life style and mental stress, Or:
- Effect on mental health.
- Young age and Sex
- Effect of modernism.

Day 13

- Himalaya/ Uttarakhand (The crown of Herbs and Ayurveda)
- Introduction of Rishikesh.
- Importance of yoga and Ayurveda.
- Old age disorder.

Day 14

- Cancer (cyst and disease)
- Dementia
- Parkinson Disease
- Paralysis
- Heart Disease
- Healing/ Percussion from these disease with Ayurveda.

Day 15

- Introduction ayurvedic Herbs/Plants
- Herbal Jungle Outings.
- Discussion over body mind illness.
- Introduction of Indian herbal medicines for common/chronic disease and wellness.





Healthy Live, Happy Life

- Several Ayurveda Therapies
- Deep Tissue Massage
- Emotional Blockage
- Dr. Consultation
- Marma Therapy
- Panchkarma
- Acupressure
- Reiki



worldhealthayurveda.com



worldhealthayurveda@gmail.com



+91-9719630256



Badrinath Rd, Near Vinyasa Yoga Academy, Laxman Jhula, Rishikesh, Uttarakhand 249192